

FIT & THRIVE EASY HOME WORKOUTS



ZESTFOREVER

PLANT BASED WORLD

WELCOME VIDEO

My name is Natasha and I will be your online Fitness Coach for the next 12 weeks.

I'm super excited to be working with you on the Fit & Thrive Program where you will not only see results in your fitness but it will also help improve your body, your mindset leading to increased confidence and well-being and 'planting' you perfectly on the right path to be fit for life!

Please watch all the videos before starting this program to familiarise yourself with the exercises in the workouts (including the warm-up and cool-down).



WARM UP & COOL DOWN

Warm Up

Perform each warm up exercise for 30 secs before moving on to the next one.

Repeat for another round if required.

Exercises

- Forward Skipping
- Star Jumps
- Reverse Lunges
- Squats
- Reverse Skipping

Cool Down

Complete all the cool down stretches making sure to breath in through your nose for 3, hold for 4 and exhale for 5 in order to bring your heart rate back down whilst stretching your muscles.

Stretches

- Glute
- Back
- Hip Flexors
- Hamstrings & Calves
- Chest & Shoulders
- Obliques
- Inner Thighs & Triceps
- Neck
- Shoulders

FITNESS TEST

Fitness Test





15mins AMRAP

(as many rounds as possible)



EXERCISE	REPS	VIDEO
High Knee Jump Taps	30	▶
Sumo Squats	15	▶
Supermans	10	▶
Walk Forwards	10	▶
Kneeling Push-ups	15	▶
Heel Taps	30	▶

CORE STABILITY WORKOUT

EXERCISE	WORK (Seconds)	REST (Seconds)	TEMPO (Seconds)	FOCUS	VIDEO
Bird/Dog	30	30	2-1-2	Core stability	
Single Leg Deadlift - (L)	30	30	2-1-2	Posterior strength	
Glute Bridge Marches	30	30	2-1-2	Lumbo-pelvic stability	
Single Leg Deadlift - (R)	30	30	2-1-2	Posterior strength	
Commando Plank Toe Taps	30	30	2-1-2	Core stability & hip strength	
Spider Crunch	30	30	2-1-2	Core stability	

REST DAYS

Aim to complete between 3-5 workouts per week depending on your fitness level.





These are equally as important as your workout days. Exercise is a stress (albeit good one) on the body so you need to give your body (muscles) and central nervous system (CNS) a chance to rest and repair.

Working out will initiate microscopic muscle fibre tears (which you want) as when they heal and repair, they grow more resilient and stronger as a result. However if you continue to train without giving your body the adequate rest required you become susceptible to over-training and run the risk of injuring yourself.







You can perform an active rest day whereby you go for a walk, a light slow jog, a gentle swim or a yoga or pilates session as these are mindful exercises that allow the body to de-stress and recover.









WEEK ONE WORKOUT

EXERCISE	WORK (Seconds)	REST (Seconds)	TEMPO (Seconds)	VIDEO
Star Jumps	30	30	N/A	
Sumo Squats	30	30	2-2	
Walk Forwards	30	30	2-2	
Glute Bridge Raises	30	30	2-2	
Mountain Climbers - Slow	30	30	2-2	
Russian Twists	30	30	2-2	

WEEK TWO WORKOUT

EXERCISE	WORK (Seconds)	REST (Seconds)	TEMPO (Seconds)	VIDEO
Side-To-Side Touchdowns	30	30	N/A	
Wall Sit	30	30	N/A	
Side Lunges	30	30	2-2	
Glute Bridge Raises	30	30	2-2	
Pike Push-Ups	30	30	2-1-2	
Bicycle Crunches	30	30	2-2	

WEEK THREE WORKOUT







EXERCISE	WORK (Seconds)	REST (Seconds)	TEMPO (Seconds)	VIDEO
In-Out-Squat Jump	35	25	N/A	
Alternate Reverse Lunges	35	25	2-1-2	
Power Jump Run Back	35	25	N/A	
Frog Pumps	35	25	2-1-2	
Plank Leg Raises	35	25	2-2	
Scissors	35	25	2-2	

WEEK FOUR WORKOUT






- Please redo the fitness test
- Core Stability test
- Complete a minimum of 3 workouts during the week
- Choose workout from Wk1-3
- Take 3-4 rest days








WEEK FIVE WORKOUT

EXERCISE	WORK (Seconds)	REST (Seconds)	TEMPO (Seconds)	VIDEO
Fast Feet	35	25	Fast as possible	
Prisoner Squats	35	25	2-2-2	
Side Leg Lift Into Donkey kick (L)	35	25	N/A	
Burpees	35	25	N/A	
Side Leg Lift Into Donkey kick (R)	35	25	N/A	
Reverse Abs	35	25	N/A	

WEEK SIX WORKOUT

EXERCISE	WORK (Seconds)	REST (Seconds)	TEMPO (Seconds)	VIDEO
Ice Skaters	35	25	N/A	
Curtsey Lunges - (L)	35	25	2-2-2	
Sumo 3ct Pulse Squat	35	25	N/A	
Curtsey Lunges - (R)	35	25	2-2-2	
Snow Angel	35	25	2-2-2	
C-Crunches	35	25	2-2-2	

WEEK SEVEN WORKOUT







EXERCISE	WORK (Seconds)	REST (Seconds)	TEMPO (Seconds)	VIDEO
Criss-Cross Squats	35	25	2-2-2	
Reverse Lunge Into knee Lift - (L)	35	25	2-1-2	
Tricep Dip Kicks	35	25	2-1-2	
Reverse Lunge Into knee Lift - (R)	35	25	2-1-2	
Diamond Push-ups	35	25	2-2	
Commando Plank Hold	35	25	Hold	

WEEK EIGHT WORKOUT





- Please redo the fitness test
- Core Stability test
- Complete a minimum of 4 workouts during the week
- Choose 3 workouts from Wk 1-3 and 1 from wk 5-7
- Take 2 rest days




WEEK NINE WORKOUT

EXERCISE	WORK (Seconds)	REST (Seconds)	TEMPO (Seconds)	VIDEO
Star Jumps Into Front Marches	40	20	N/A	
Squat Into Opposite Heel Touch	40	20	N/A	
Forward/Reverse Bear Crawls	40	20	N/A	
Side Plank Hold	40	20	Hold	
Spiderman Push-Ups	40	20	N/A	
Side Plank Hold	40	20	Hold	

WEEK TEN WORKOUT

EXERCISE	WORK (Seconds)	REST (Seconds)	TEMPO (Seconds)	VIDEO
High Knee Jump Taps	40	20	N/A	
3ct Punches To Reverse Lunge Front Toe Taps	40	20	N/A	
Plank Jacks To Alternate Shoulder Taps	40	20	2-2	
Side Plank Knee To Elbow Crunches (L)	40	20	2-1-2	
Mountain Climbers Opposite Elbow To Knee	40	20	2-2	
Side Plank Knee To Elbow Crunches (R)	40	20	2-2-2	

WEEK ELEVEN WORKOUT

EXERCISE	WORK (Seconds)	REST (Seconds)	TEMPO (Seconds)	VIDEO
Criss-Cross Squats	40	20	N/A	
Curtsey Lunge With Leg Lift (L)	40	20	1-1-1	
Commando Plank Leg Crossovers (L)	40	20	1-1-1	
Curtsey Lunge With Leg Lift (R)	40	20	1-1-1	
Commando Plank Leg Crossovers (R)	40	20	1-1-1	
C Crunch to V Up	40	20	1-1-1	

WEEK TWELVE WORKOUT

- Please redo the fitness test
- Core Stability test
- Complete a minimum of 4 workouts during the week
- Choose 3 workouts from Wk 1-3 and 1 from wk 5-7
- Take 2 rest days



CONTACT US

Feel free to ask advice and share how you are getting on by uploading your post workout selfie. Interacting in the FB group will help increase your level of adherence and also make it more enjoyable as you get to know those on the same journey as you, becoming healthier and fitter on a plant based diet.

Change the paragraph to:

You will also have support from a Nutritional Advisor and Personal Trainer in the Facebook Group to help you during the program to keep you MOTIVATED and ACCOUNTABLE.

Share how good you feel on social media by posting your post workout selfie with the hashtags #ZESTFOREVER #ZFFit&Thrive #PlantbasedFitness

Tag @Zestforever2020 and @NbefitPT if you wish to be featured in their stories.



ZESTFOREVER



FACEBOOK GROUP



ZESTFOREVER2020



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